



SHOPPING LIST

MONDAY



Fiery Fruit & Quinoa Salad

TUESDAY



Portabella Burgers with Sun-Dried Tomato Pesto

WEDNESDAY



Stewed Eggplant & Tomatoes with Polenta

THURSDAY



Buffalo Chickpea Wraps with Ranch Dressing

FRIDAY



African Peanut Soup

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/4 c. + 3 tbsp.)
- extra-virgin olive oil (6 tbsp.)
- apple cider vinegar (1 1/2 tsp.)
- balsamic vinegar (1/4 c.)
- mayonnaise (1 tbsp.)
- ground cumin (1/2 tsp.)
- cayenne pepper (pinch)

FRESH PRODUCE

- 2 heads garlic
- 2 large yellow onions
- 1 large red onion
- 2 large lemons
- 2 limes
- 2 oranges
- 3 lg. firm peaches/nectarines
- 3 ears corn
- 2 large sweet potatoes
- 1 1/2 lbs. eggplant
- 1 small hot chile pepper
- 4 lg. portabella mushrooms
- 1 bunch celery
- arugula (2 c.)
- 1 lg. head romaine lettuce
- 1 bunch green onions
- 1 pkg. fresh dill
- fresh basil leaves (about 1 1/2 c.)
- 1 pkg. fresh chives
- 1 bunch cilantro
- 1 bunch parsley

GRAINS, LEGUMES, PASTA & BULK

- red or confetti quinoa (2 c.)
- raw walnuts (1/3 c.)
- roasted unsalted peanuts (1/2 c.)
- raw cashews (1/2 c.)
- chia seeds (1 tbsp.)
- pepitas (1/2 c.)
- stone-ground coarse cornmeal (1 c.)

CANNED & JARRED GOODS

- peanut butter (3/4 c.)
- 2 (15-oz.) cans chickpeas
- 1 (15-oz.) can black beans
- 2 (15-oz.) cans coconut milk
- 1 (28-oz) can diced tomatoes
- 1 (14.5-oz.) can diced fire roasted tomatoes
- 1 can chiles in adobo
- 1 small can artichoke hearts
- oil-packed sun-dried tomatoes (1/4 c.)

EVERYTHING ELSE

- 4 hamburger buns
- Frank's hot sauce (1/4 c.)
- agave nectar (3 tsp.)